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Tuesday, May 15, 2018 metro.us | t: MetroPhilly | f: MetroPhilly



WRAP IT UP

Your guide to TV's big finale week. 18-19

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Ben Franklin Bridge Trail

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DEATH DESPITE DILIGENCE

Outrage follows the death of a well-known bike courier who was killed while cycling on what's been peddled as the city's safest roadway for bicyclists. 4

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THINGS
TO
KNOW

SAM NEWHOUSE, REPORTER

As a biker who has been hit by Philly drivers while riding in the bike lane — twice — and who has known fellow bikers who were killed through no fault of their own, it's clear that choosing the greener transit method of biking to work can literally be deadly. Sadly, that was the case for a 34-year-old professional bike courier who was run over on Saturday night on Spring Garden. Now advocates and activists are renewing their push to make Philly's streets a place where cyclists and motorists can peacefully coexist. Read more on page 4 and at metrophilly.us.

WELCOME TO
METRO PHILLYMELANIA TRUMP TREATED
FOR KIDNEY CONDITION

President Donald Trump's wife, Melania Trump, underwent a surgical procedure on Monday to treat a benign kidney condition and will remain at Walter Reed medical center for the rest of the week, the first lady's office said. Spokeswoman Stephanie Grisham said in a statement that Mrs. Trump, 48, underwent an embolization procedure to treat the kidney condition. "The procedure was successful and there were no complications," Grisham said. "The first lady looks forward to a full recovery so she can continue her work on behalf of children everywhere." President

Trump spoke with his wife of 13 years before the procedure and talked to the doctor after it was completed, a White House official said. Trump later traveled by his Marine One helicopter to Walter Reed to visit his wife. "Heading over to Walter Reed Medical Center to see our great First Lady, Melania. Successful procedure, she is in good spirits. Thank you to all of the well-wishers!" he tweeted. A CNN/SSRS poll found last week that Melania was viewed favorably by 57 percent of Americans, up from 47 percent in January. Her husband's job approval rating lags behind hers at 50 percent or less.

SENATE VOTES WEDNESDAY
ON NET NEUTRALITY

The U.S. Senate will vote on Wednesday on whether to reverse a decision by the Trump administration to roll back Obama-era "net neutrality" rules, Democratic senators said on Monday. Advocates of keeping the 2015 open-internet rules have the backing of 50 U.S. senators, including Republican Susan Collins. And with the absence of Sen. John McCain because of illness, they believe they will win on a 50-49 vote. The effort still faces an uphill battle — it is uncertain if the Republican-controlled U.S. House of Representatives will even vote on the issue and the White House

backs the Federal Communications Commission (FCC) rules approved last December. The FCC repealed rules set under President Barack Obama, a Democrat, that barred providers from blocking or slowing down access to content or charging consumers more for certain content. Those rules were intended to ensure a free and open internet, give consumers equal access to web content and bar broadband service providers from favoring their own material or others. The new rules require internet providers to tell consumers whether they will block or slow content or offer paid "fast lanes."

PALESTINIAN CONFLICT IN GAZA

A Palestinian man assists a wounded protester during clashes with Israeli security forces near the border between Israel and the Gaza Strip, east of Jabalia, on Monday, as Palestinians protest the inauguration of the U.S. embassy following its controversial move to Jerusalem. Read more on page 7.



GETTY IMAGES

TRUMP DEFENDS HELPING
CHINA TELECOM COMPANY

President Donald Trump on Monday defended his decision to revisit penalties for Chinese company ZTE Corp for flouting U.S. sanctions on trade with Iran, saying the telecom maker is a big buyer for U.S. suppliers. Trump, known for his fiery rhetoric against Chinese trade practices he says hurt U.S. jobs, faced backlash from both Republican and Democratic lawmakers after he pledged to work with Chinese President Xi Jinping to help ZTE, saying too many jobs in China had been lost. The company shut its main operations after the Commerce Department banned

U.S. companies from selling components to ZTE for seven years after it violated the terms of a settlement deal for illegally shipping goods made with U.S. parts to Iran and North Korea. "ZTE, the large Chinese phone company, buys a big percentage of individual parts from U.S. companies. This is also reflective of the larger trade deal we are negotiating with China and my personal relationship with President Xi," Trump said on Monday. U.S. companies are estimated to provide 25 percent to 30 percent of components used in ZTE's smartphones, network gear and other products.

AAA: MEMORIAL DAY TRAVEL
TO RISE FOR ANOTHER YEAR

U.S. travelers will hit the roads, rails and airports this Memorial Day weekend by the largest numbers in more than a decade, despite the highest gasoline prices in four years, the nation's largest automotive advocacy group said on Monday. More than 41.5 million Americans will travel 50 miles over Memorial Day weekend, the highest travel volume since 2005, when there were some 44 million travelers, according to the AAA (American Automobile Association). The holiday period, which traditionally marks the start of U.S. summer vacations, is defined this year as

Thursday, May 24 to Monday, May 28. Motorists are expected to pay the most expensive Memorial Day gas prices since 2014. Gas prices averaged \$2.72 in April, AAA said, an increase of 33 cents from last year. Despite higher prices, automobile travel is expected to increase for the fourth straight year, up nearly 5 percent over last Memorial Day, AAA said. "A strong economy and growing consumer confidence are giving Americans all the motivation they need to kick off what we expect to be a busy summer travel season with a Memorial Day getaway," said Bill Sutherland, senior vice president at AAA.

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NEWS



The list of local cyclists who have been killed while riding around the city that the annual silent memorial bike ride pays tribute to will be one name longer on Wednesday, after the Saturday death of a courier biking to work. ISTOCK

Philly bike courier killed on Spring Garden after being run over by SUV

One of the busiest roads for bikers in the city may not be safe enough, advocates say, after a cyclist was killed by an SUV.



SAM NEWHOUSE
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This year's Ride of Silence through Philadelphia will be a little bit more somber. The list of local cyclists who have been killed while riding around the city that the annual silent memorial bike ride pays tribute to will be one name longer on Wednesday, after the Saturday death of a courier biking to work.

Pablo Avendano, 34,

"He was a teacher, an activist, a great rider, and a true friend to all of Sparrow, the messenger community, and Philly as a whole."

Sparrow

was killed after being struck from behind by a Mitsubishi SUV near 10th and Spring Garden streets around 7:40 p.m. Both the bike and car were headed eastbound. The driver also reportedly ran Aven-

dano over, and remained at the scene. No charges were announced against the driver as of Monday morning.

Avendano worked as a bike courier for the food delivery app Caviar and Sparrow Cycling Couriers. He was reportedly on his way to work at the time of the crash.

"Our dear friend and rider Pablo who was hit and killed on his bike last night on spring garden," Sparrow wrote in an Instagram post. "He was a teacher, an activist, a great rider, and a true friend to all of Sparrow, the messenger community, and Philly as a whole."

Spring Garden has painted bike lanes crossing almost all of Philadelphia. It is "the most-ridden east-west bike lane north of Center City," according to the Bicycle Coalition of Greater Philadelphia.

"The lane itself was restriped last summer and the paint is still prominent on the street, with some blocks buffered [with a painted space separating the bike lane and car lane], some not. The block where this crash took place does not have a painted buffer," the Bicycle Coalition said in a blog post about the crash. "There has long been a plan to create a 'Greenway' on Spring Garden Street, which would physically protect cyclists from motorists, but funding has not yet been raised for implementation."



Pablo Avendano, in a selfie VIA INSTAGRAM

SLAIN CYCLISTS TO BE HONORED

The Bicycle Coalition listed the following slain cyclists as to be honored during the Ride of Silence on May 16:

5-11-18 Pablo Barbanegra, 34, Philadelphia

5-3-18 Dean Pryor, 58, Burlington Twp., NJ

2-15-18 Lela Cruz, 8, Camden

12-19-17 Kevin Williams, 56, Bristol, PA

11-28-17 Emily Fredricks,

24 Philadelphia

9-23-17 Unknown M, 80, Philadelphia

9-2-17 Matt Petzel, 50, Lower Southampton, PA

9-1-17 Lorenzo Vasquez, Philadelphia

8-8-17 Josh Goldinger, 14, Lower Makefield, PA

6-24-17 Edward McElrean, 64, Bristol Twp, PA

6-18-17 Unknown Female, Camden

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First primary election since congressional redistricting took place in Pennsylvania

How to find your polling place and report any election fraud during this year's primary.



SAM NEWHOUSE
sam.newhouse@metro.us

Philadelphia citizens are again called upon to participate in their democracy at the ballot box on May 15. Primary day is being run at some 1,686 voting divisions by more than 7,500 volunteers for more than a million registered voters.

In the Republican primary, the GOP will select a candidate to run against Gov. Tom Wolf in November, in addition to assorted state and federal races, while Democrats will be voting on nominees to potentially

send to Harrisburg and Washington, D.C.

Polls are open from 7 a.m. to 8 p.m., and to find your polling place, visit pavoterservices.pa.gov, or visit Philly's nonpartisan good government watchdog Committee of Seventy's website at seventy.org.

The Philadelphia DA's office will have an active Election Fraud Task Force, which responds to issues of alleged electioneering at polling places around Philadelphia.

It's also the first election since the Pennsylvania Supreme Court redrew the state's congressional districts after ruling that old maps were unconstitutionally gerrymandered. Philadelphia is now represented by the 2nd, 3rd and 5th districts. That's created some changes, like shifting US Rep. Dwight Evans, who beat Congress-

man Chaka Fattah in 2016 for the 2nd District, to now run in the Democratic primary for the 3rd District.

Some say the map change has sparked interest from candidates. Fifteen Democrats are running for the 5th Congressional District alone.



The Pennsylvania Supreme Court remapped the state's congressional districts earlier this year. PROVIDED

KEY PHONE NUMBERS

The Office of the City Commissioners, which oversees Philly elections, has offered several dedicated lines for specific issues to Philly voters.

Voter Registration Issues
215-686-1590

Voting Machine Issues
215-686-7800

Polling Place Issues
215-686-1523

Poll Worker Issues
215-685-4811

Missing Election Materials
215-686-1530

Absentee Ballot Issues
215-686-3469

Provisional Ballot Issues
215-686-1530

To reach the DA's Election Fraud Task Force, call
215-686-9641/9643/9644.

New Congressional Map

The justices redrew the boundaries with the help of independent experts after Gov. Tom Wolf rejected a proposal drawn by Republican legislative leaders.

Legal battles are playing out in several U.S. states over gerrymandering, the process by which district lines are manipulated to favor one party. Pennsylvania has long been seen as one of the worst offenders, with one of its districts nicknamed "Goofy Kicking Donald

Duck," a reference to a cartoon image evoked by its odd shape.

The new map means that Democrats could win up to 11 seats in Pennsylvania in midterm elections, said Michael Li, a lawyer at New York University. "This is the map that many people think is natural for Pennsylvania, which is a 50-50 state, a classic battleground, but hasn't performed that way in terms of congressional elections for decades," he said by telephone. REUTERS

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Israeli forces kill dozens in Gaza as US Embassy opens in Jerusalem

Israeli troops shot dead dozens of Palestinian protesters on the Gaza border on Monday when the high-profile opening of the U.S. embassy to Israel in Jerusalem by the Trump administration raised tension to boiling point after weeks of demonstrations.

In the bloodiest single day for Palestinians since 2014, Palestinian Health Ministry officials said 58 protesters were killed and 2,700 injured by live gunfire, tear gas or other means.

The bloodshed drew calls for restraint from some countries, including France and Britain, and stronger criticism from others, with regional power Turkey calling it "a massacre."

The White House declined to join in urging Israel to exercise caution and pinned the blame squarely on Gaza's ruling Hamas group, backing Prime Minister Benjamin Netanyahu who described the Israeli military's actions as self-defense of his country's borders.

In siding squarely with Israel, Washington put distance between itself and its European allies for the second time in a week, after angering France, Germany and others last Tuesday by abandoning an international nuclear deal with Iran.

In contrast to the violent scenes in Gaza, Israeli dignitaries and guests attended a ceremony in Jerusalem to open the U.S. Embassy following its relocation from Tel Aviv.

The move fulfilled a pledge by U.S. President Donald Trump, who in

December recognized the holy city as the Israeli capital.

Netanyahu thanked Trump for "having the courage to keep your promises".

Sen. Tim Kaine, the top Democrat on the foreign relations subcommittee that covers the region, told Reuters the situation was "tragic" and said, "It's not viewed as the U.S. trying to solve a problem, it's viewed as the U.S. just stepping away

from the problem, and that's sad."

Palestinians seek East Jerusalem as the capital of a state they hope to establish in the occupied West Bank and the Gaza Strip.

Israel regards all of the city, including the eastern sector it captured in the 1967 Middle East war and annexed in a move that is not recognized internationally, as its "eternal and indivisible capital".

Most countries say the status of Jerusalem — a sacred city to Jews, Muslims

and Christians — should be determined in a final peace settlement and that moving their embassies now would prejudice any such deal.

Peace talks aimed at finding a two-state solution to the conflict have been frozen since 2014.

Trump's recognition of Jerusalem as Israel's capital in December outraged Palestinians, who said the United States could no longer serve as an honest broker in any peace process.

A senior Hamas leader, Khalil Al-

Hayya, said at a border encampment that Monday's protest was timed to coincide with the "deplorable crime of moving the U.S. Embassy to Jerusalem".

He said: "Our people went out today to respond to this new Zionist-American aggression, and to draw by their blood the map of their return."

In Gaza, Palestinian protests quickly turned into bloodshed. Tens of thousands had streamed to the edge of the coastal enclave's land border, some approaching the Israeli fence.

"Today is the big day when we will cross the fence and tell Israel and the world we will not accept being occupied forever," said Gaza science teacher Ali, who declined to give his last name.

Clouds of black smoke from tyres set alight by demonstrators rose in the air. Demonstrators, some armed with slingshots, hurled stones at the Israeli security forces, who fired volleys of tear gas and intense rounds of gunfire. REUTERS



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Man convicted in Philadelphia police shooting gets up to 97 years in prison

In February, a jury found Edward Archer guilty of attempted murder and aggravated assault.

A man who shot and badly wounded a Philadelphia police officer in what he said was an ambush inspired by Islamic State militants was sentenced to between 48½ and 97 years in prison on Monday, prosecutors said.

Edward Archer ap-

proached Jesse Hartnett, who was sat in his police car at the time, shortly before midnight on Jan. 7, 2016, and fired a handgun 11 times, hitting the officer three times in the arm.

In February, a jury found Archer, 33, guilty of attempted murder and aggravated assault, among other charges.

Police said Archer confessed to the ambush, which was captured on surveillance video, as an act of al-

legiance to the Islamic State militant group. Investigators found no evidence of ties to the group and did not charge him with terrorism-related crimes.

Archer received the maximum possible sentence on Friday in Philadelphia's Court of Common Pleas, which the city's district attorney's office had said was necessary because there were no mitigating circumstances and because of the impact on Hart-

nett's health and career. Hartnett had multiple surgeries on his arm to fix a severed major artery and a shattered elbow, prosecutors said, but had permanent damage and is unlikely to be able to return to policing.

Despite the bullet wounds, Hartnett was able to get out of his car and chase Archer, shooting him once in the buttocks. Two other nearby officers were then able to arrest Archer. **REUTERS**

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In this handout photo provided by the Philadelphia Police Department, a headshot of Police Officer Jesse Hartnett, 33, who was ambushed and shot at 13 times by Edward Archer, 30, on January 7, 2016, in Philadelphia. Surveillance footage reveals the suspect was dressed in Muslim clothing and wearing a mask. **GETTY IMAGES**



In this handout photo provided by the Philadelphia Police Department, Edward Archer, 30, who was found guilty and sentenced to up to 97 years in prison for the shooting of 33-year-old Police Officer Jesse Hartnett, appears for a booking photo on January 7, 2016, in Philadelphia. **GETTY IMAGES**

Salmonella outbreak linked to egg recall is making more people sick

The romaine lettuce *E. coli* outbreak is still top of mind for many of us, but people are also getting sick from tainted eggs. The salmonella outbreak — announced in April — has affected 35 people across nine states, with 11 hospitalized, according to the Centers for Disease Control and Prevention.

In April, North

“I walk, talk and breathe medical issues all the time.”

Barbara Pruitt

Carolina egg producer Rose Acre Farms issued a voluntary recall on over 206 million eggs due to contamination concerns. The eggs — distributed between January 11 and April 12 to stores in nine states — were affected by both rodents and improper employee hygiene.

According to the Food and Drug Administration, a March inspection at the farm noted more than a dozen rodents. Farm employees also touched dirty equipment and their bodies without first washing their hands.

Why is a salmonella outbreak dangerous?

Unlike the romaine *E. coli* outbreak, there have been no deaths reported with the Rose Acre Farms salmonella outbreak. That doesn't mean salmonella isn't dangerous, though.

Symptoms of salmonella poisoning include (sometimes bloody) diarrhea, stomach cramping and fever. Though uncomfortable and unwanted, salmonella poisoning typically doesn't need medical treatment and goes away within a week.

Some salmonella outbreaks do turn deadly: About 450 people die

from salmonella every year (out of 1.2 million cases), according to the CDC. The immune system typically stops salmonella when it reaches the intestines, but it does cause sepsis in some people.

Barbara Pruitt was one of those. The Oregon woman almost died after being infected in a 2009 salmonella outbreak.

“I walk, talk and breathe medical issues all the time,” she told CNN. Her symptoms started like other cases of salmonella, but worsened until she was hospitalized with septic and tachycardia (a rapid heart rate).

Doctors later determined Pruitt was poisoned by salmonella typhimurium from lettuce. She eventually had to have part of her small intestine removed and lost 40 pounds within the span of a couple weeks.

The salmonella poisoning had long-term effects, too.

“My whole day revolves around dealing with my medical issues or us working around my medical issues,” she told CNN at the time. “We now plan how I can participate rather than focusing on the enjoyment of anything that we would like to do.”

Salmonella outbreak 2018: Which eggs are recalled?

You can find out which eggs are recalled by visiting the FDA website's recall page.

All of the affected eggs were produced by Rose Acre Farms and repackaged under other brand names, including Great Value, Food Lion, Country Daybreak and more. The FDA recommends that you throw out any eggs that could be affected by the outbreak, or return to the store for a refund. You can also call 1-888-SAFE-FOOD for more information on the salmonella outbreak. **MEAGAN MORRIS**



Salmonella outbreaks can turn deadly: About 450 people die from salmonella every year (out of 1.2 million cases), according to the CDC. GETTY IMAGES



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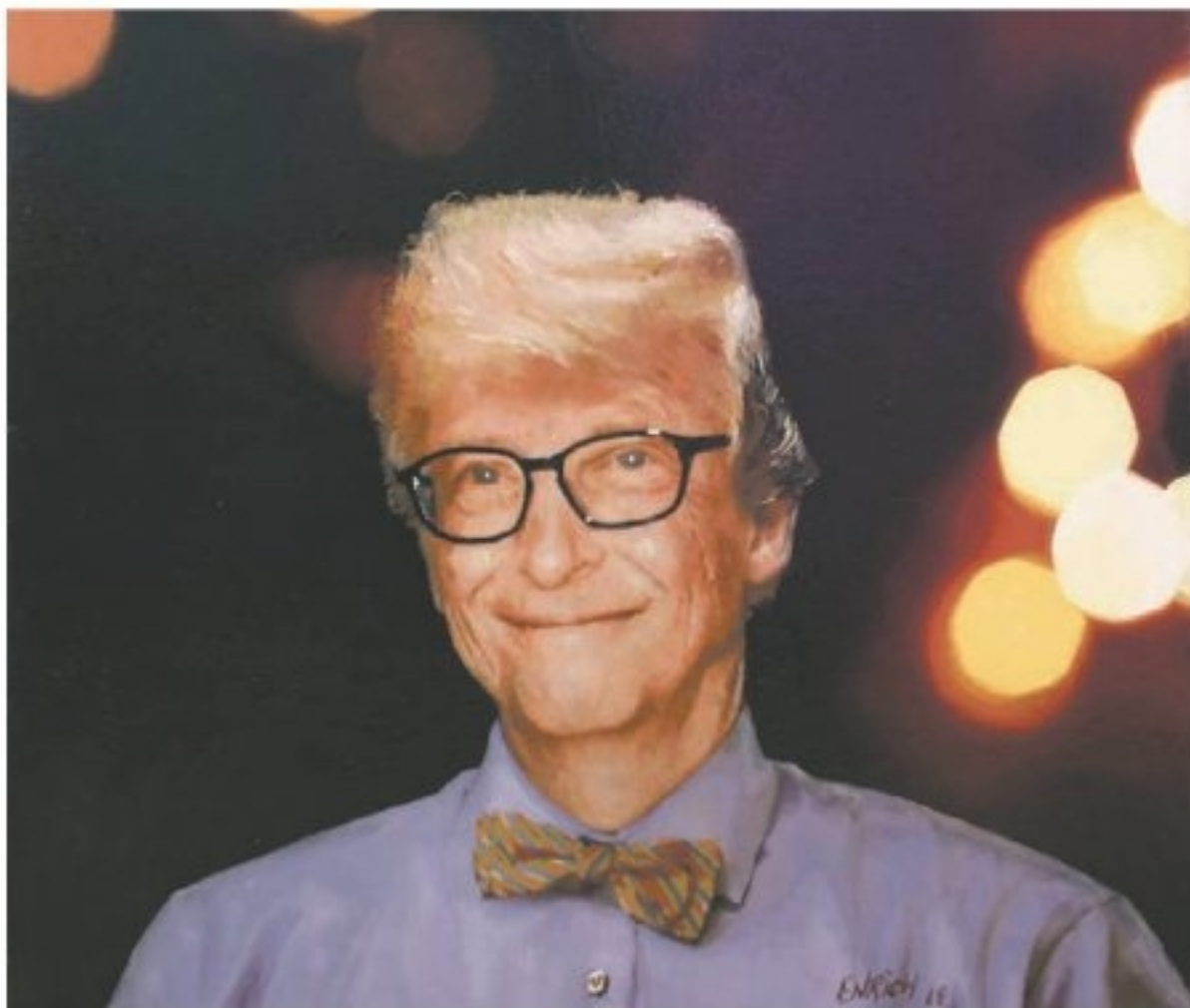
Jeff Bezos, founder and CEO of Amazon.

President Donald Trump has become one of the most famous and perhaps infamous, characters in the world, which is why Spanish digital artist Victor Enrich Tarres created his series "The Trump We All Have Inside." In it, he adjusts the U.S. president's hairstyle on businessmen who appear in the Forbes magazine of millionaires.

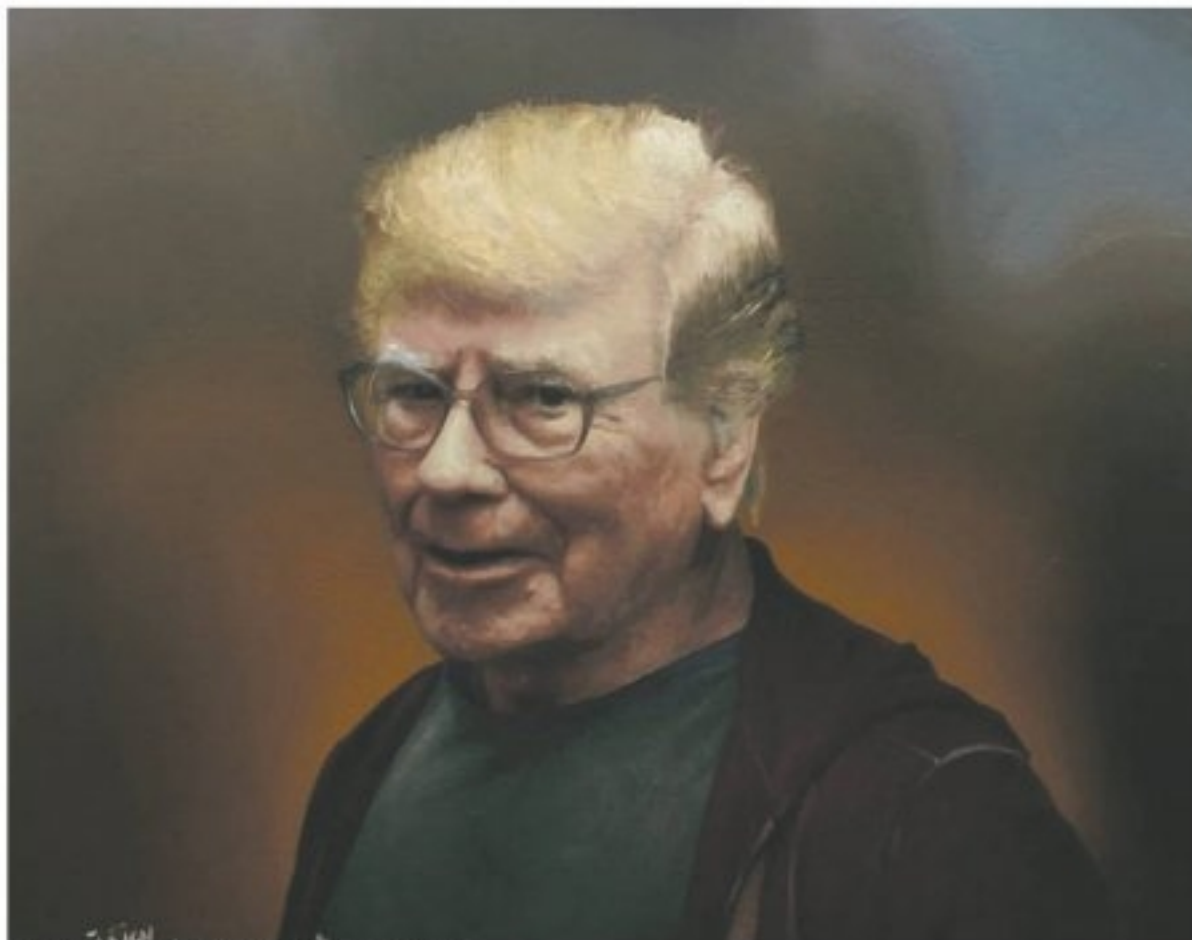
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Bill Gates, principal founder of Microsoft.



Warren Buffett, CEO of Berkshire Hathaway.

VICTOR ENRICH
Spain-based digital artist

Q&A

What are your Trump series about?

Basically, Donald Trump, at the expense of working very well as a character of odious and despicable characteristics, has become

an anti-model, or in other words, a model of what one should not be. In that sense, this role of the hateful person has a perverse effect: It makes other people look better than they really are. This series aims to associate very "trumper" characteristics in people who today pass as heroes and defenders of good business practices. And to emphasize this position, I have chosen members from the Forbes list.

What inspired you to create it?

Trump himself is an inexhaustible source of inspiration. But I suppose the basis of it all lies in my position against mass capitalism.

What is the message of your project?

Anyone who aspires to amass excessive power should know that he or she will always be the target of criticism. Being powerful never comes for free.

What would Trump's reaction on your project be?

I don't think Trump is an overly self-critical, culturally, artistically or intellectually sensitive person. In the hypothetical case that Mr. Trump knew about this series (which is expected to exceed 10 portraits), I don't think he even flinched. At best it would serve to increase his vanity.

INTERVIEW BY DANIEL CASILLAS, MWN

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A new Supreme Court ruling addressed whether police violated the U.S. Constitution's Fourth Amendment, which protects against unreasonable searches and seizures. ISTOCK

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Supreme Court
puts brakes on
police searches
of rental cars,
based on PA case

The nine Supreme Court justices unanimously threw out a lower court ruling.

The U.S. Supreme Court on Monday limited the ability of police to search rental cars driven by someone other than the person who signed the rental agreement, shoring up privacy rights behind the wheel.

The nine justices unanimously threw out a lower court ruling that had approved of a search by Pennsylvania police of a Ford Fusion driven by Terrence Byrd, whose girlfriend had rented the car. State troopers told Byrd they could search the car because he was not listed as an authorized driver, and they found heroin and a bulletproof vest in the trunk.

Writing for the court, Justice Anthony Kennedy said the "mere fact that a driver in lawful possession or control of a rental car is not listed on the rental agreement will not defeat his or her otherwise reasonable expectation of privacy."

At issue was whether police violated the U.S. Constitution's Fourth Amendment, which protects against unreasonable searches and seizures.

The justices sent the case back to the lower courts to determine whether police had the proper justification to search the car without a

warrant because they believed there was evidence of a crime. Byrd pleaded guilty in 2014 to unlawful possession of both items on condition that he could challenge the search.

"[The] mere fact that a driver in lawful possession or control of a rental car is not listed on the rental agreement will not defeat his or her otherwise reasonable expectation of privacy."

Justice Anthony Kennedy

Byrd's girlfriend rented the car in Wayne, New Jersey, in September 2014, handing the keys to Byrd, who was stopped on his way to Pittsburgh.

A federal judge denied Byrd's bid to suppress the evidence because the search violated his constitutional rights. The Philadelphia-based 3rd U.S. Circuit Court of Appeals upheld that ruling last year. REUTERS

Access roads at risk, Hawaii volcano could spur more evacuations

Lava flowing from giant rifts in the earth on the flank of Hawaii's Kilauea volcano threatened highways on Monday, raising the possibility that officials will order thousands more residents to evacuate before access routes are cut off.

"It's down to one gravel road, that's what also pushed us over the edge."

Rob Guzman

Since May 3 when Kilauea began erupting, 19 lava-spewing fissures have opened about 25 miles from its summit, including one that tore through countryside close to houses on Monday in the Lower Puna area of Hawaii's Big Island.

Steaming cracks along one of the area's main routes, Highway 132, have raised concerns a new fissure may develop there, which would imperil access for 2,000 people in the lower Puna area on the east of the island.

If the highway is cut off, officials will start to plan for another major evacuation, Hawaii National Guard spokesman Major Jeff Hickman told reporters.

"We've been telling them, 'evacuate if you can, because if we have to come in and get you, we'll be putting first responders at risk,'" Hickman said.

Since the eruptions began, 37 structures have been destroyed and officials have ordered the evacuations of nearly 2,000 people, mostly in the hard-hit Leilani Estates area.

The American Red Cross said 500 people sought refuge in its shelters on Sunday night because of worsening volcanic activity.

"Eruption of lava continues from multiple points along the north-

east end of the active fissure system," the Hawaiian Volcano Observatory said in a briefing.

'Lava bombs'

Fountains of magma spouted "lava bombs" over 100 feet into the air and a narrow flow had traveled just under a mile east-southeast by 6.30 a.m., moving slowly towards the coast some two miles away, the Observatory said.

Residents from coastal communities fear the lava flow could block a dirt road, highway 137, that is their only way out after the main highway 130 was closed due to steaming cracks.

"It's down to one gravel road, that's what also pushed us over the edge," said Rob Guzman, who with his husband Bob Kirk decided to leave their home in the Kalapana Seaview Estates subdivision around 3.5 miles south of Leilani Estates.

Clouds of toxic gas and constant small earthquakes have sent many residents fleeing, but some either cannot or will not go, said Hazen Komraus, president of the community association.

"You can't hop in a car and drive your life, family, pets and job to another state," said Hazen, who described his area as one of the most diverse and tolerant in Hawaii.

While residents deal with noxious gas and lava on the ground, the U.S. Geological Survey said that pent-up steam could cause an explosion at the volcano crater as the lava pool drops, launching a 20,000-foot plume that could spread debris over 12 miles.

The ash plumes at the summit so far are rising only 4,000 to 6,000 feet. Unlike other catastrophic eruptions, where huge volumes of ash were blown into the stratosphere and carried to distant locations, they are having no impact on weather elsewhere, Steve Brantley, the deputy scientist in charge for the USGS Hawaiian Volcano Observatory, told Reuters.

REUTERS



"Eruption of lava continues from multiple points along the northeast end of the active fissure system," the Hawaiian Volcano Observatory said in a briefing. GETTY IMAGES

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A study out of University of Minnesota found that reaching for comfort food doesn't actually improve your mood. iStock

Stress eating: It's real and it's not your fault, but here's how to stop it for good

The key is finding ways to relieve your stress that aren't about snacking.



LINNEA ZIELINSKI
linnea@metro.us

The pressure's on at work and you're feeling down and overwhelmed. Suddenly those doughnuts in the break room that looked blah this morning sound really good — irresistible, actually. The siren song of the sugary

snacks pulls you to them and, before you know it, you're down two-and-a-half doughnuts and wondering how you fell victim to stress eating. Again.

It happens more often than you'd like. Each time you take your hand out of the chip back or candy jar, you wonder how you got there and feel terrible about throwing away your diet. Here's what you need to know about what's happening in your body and how to stop it for good, starting with a simple fact: It's not your fault.

STRESS EATING IS REAL AND NOT YOUR FAULT

First of all, give yourself a break. The more you beat yourself up, the more likely you are to feel like you "already screwed up the day anyway" and talk yourself into finishing the third doughnut. Second, your body is hardwired this way. When we're anxious or stressed, our brains prioritize immediate satisfaction and you lose sight of long-term goals. When it comes to work or home stress, that means even though you love the weight-loss progress you've made, that cookie means more to your brain when you're stressed out than fitting into that new dress in a month.

There are hormones behind this urge to binge, too. If you're not sleeping well — and if you're stressed, chances are good you're not logging those eight hours a night — your levels of two important hormones are thrown off: leptin and ghrelin. Leptin is the hormone that tells you when you're full, and ghrelin is the "hunger hormone" that sends you running for sweet snacks. Logging less sleep than normal is associated with higher ghrelin levels and lower leptin levels, one study published in the journal *PloS Med* found.

HOW TO STOP STRESS EATING FOR GOOD

A study out of University of Minnesota found that reaching for comfort food doesn't actually improve your mood.

The researchers conducted four studies to see how big of a difference it made on your mood to turn to comfort food, an equally liked food, a food you don't like as much or no food at all. Turns out, it didn't matter what the participants ate.

That's why, as Dr. Sofia Rydin-Gray, Ph.D., behavioral health director at the Duke Diet and Fitness Center, told *Woman's Day*, the key to ending your stress eating is to acknowledge that you're eating because you're stressed. "Once you do that, try to figure out the source of that anxiety," she told them.

The key is finding ways to relieve your stress that aren't about snacking, like taking a quick break from work to watch a funny YouTube video, or walking around the block and getting some fresh air. The same mental suggestion from before holds true here: When you're thinking about how to stop stress eating, be gentle with yourself. This is a process, and the goal is simply to do better each time you get stressed, not to flip a switch and be perfect overnight.

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Starbucks happy hour: How to get the deals, which drinks can you get and more

You read all those articles about easy ways to save money — especially when you live in the city. You know that brewing and bringing your own coffee to work is item *numero uno* on a vast majority of those lists, but you also know that your Starbucks run makes you disproportionately happier than that to-go mug that always leaks in your bag. So what's the best middle ground? Starbucks happy hour, which lets you save money without going cold turkey on your favorite little treat.

50%

You can get 50 percent off your much-needed caffeine boost through the Starbucks happy hour.

But wait, why haven't you heard more about the Starbucks happy hour, and how much will it save you, exactly? There are some ins and outs of the program you need to know, but Metro did the legwork for you, so all you have to do is skim, run to Starbucks and sip your way happy.

Wait, what time is Starbucks happy hour? What is it, anyway?

First things first: Starbucks happy hour is the afternoon pick-me-up you knew you needed — they're just finally making it possible on the regular. Each week, the coffee behemoth is offering discounts on select drinks after 3 p.m. That's right. Just when you hit that midafternoon slump, you can get 50 percent off your much-needed caffeine boost through the Starbucks happy hour. Even better, the deals last until the end of the day, unlike those pesky bar happy hours that cut off after a couple hours.

But wait, when is the next Starbucks happy hour? You'll need to be "invited" to find out. Luckily for you, it's really easy to get in on

this discounted drink action.

How can I get in on it, and when is Starbucks happy hour?

The coffee giant announced back in March 2018 that it was bringing back the Starbucks happy hour promotion, but you won't find those big, colorful signs at your local spot like with the launches of new Starbucks drinks. Although anyone that comes into the store can take advantage of the Starbucks happy hour deals, there are two ways to find out all the info you need to know — both of which you can do on your phone. That's because it's sticking around, with rotating deals each week.

If you're a Starbucks regular, the best way to cash in on the weekly deal is to download the Starbucks app and sign up as a rewards member. The membership doesn't cost you a dime and allows you to rack up points for each purchase that earn you free drinks, so there's really no downside. Once you sign up, you'll get an invitation to Starbucks happy hour and the discount will automatically be added to your account. Just tell the barista at the cash register that you want to use your happy hour discount, or toggle a switch if you're ordering through the mobile app.

Your second option is to sign up on the Starbucks happy hour website. It's a simple form and should take you about a minute through your phone, so you can probably do it standing in line. You'll enter your name and email address, after which the happy hour code will pop up on your screen. Since the coffee chain has your email address, you'll get email notifications about the future dates of Starbucks happy hour.

So when is Starbucks happy hour? Whenever your email or app tells you. So keep checking back in and think of it as a sweet little surprise — that comes with caffeine.

LINNEA ZIELINSKI



Starbucks happy hour is the afternoon pick-me-up you knew you needed — they're just finally making it possible on the regular. COURTESY OF STARBUCKS

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Thanks for the trailers,
Netflix. But chill out! iStock

the GRUMBLE

Netflix Instant Previews

OK. We get it, Netflix. You fixed the thing we have all been begging you to fix for years. You finally added trailers to your movies and shows so people can get an idea of what they're going to put on before inevitably bailing and spending another four hours looking for some-

thing else. The only problem is, these trailers automatically play after you land on something and go on for what seems like a horrific and endless loop. Don't get me wrong, thank you for trying! But it's like you are saying "You wanted trailers, huh? HERE'S YOUR TRAILERS!" What's

even worse is that you didn't get the rights for titles that are not Netflix originals so you had to get some public domain Southern rock ripoff to play over and over anytime you scroll past "Talladega Nights." Again, thanks for looking into the issue, guys. But a simple "watch the

trailer" button would have made all of our lives a little bit easier. Not to bring up a sore subject, but it seems like Amazon Prime gets it.



Pat King
Metro Reporter

VENT TO US!
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READER REACTS

'Drivers not using their directional signals & mirrors'

BY Dottie Donofrio, Metro US reader

Today is more challenging than ever when driving...

There are too many drivers that have NO consideration or awareness of their fellow drivers.....

Directionals were installed on vehicles to aid in notifying when the driver is wanting to make a lane change giving advance notice to others about this pending

change!

Mirrors were installed on vehicles to guide and make the driver aware of their surroundings at all times.

Thank you. This sounds like it will be an educational experience.

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Aries Don't let impulse take the reins. A snap decision will result in backtracking. Put more time and effort into personal changes. Physical activity will relieve stress.



Taurus Deal with matters that can help you improve your daily routine. Positive change will come through hard work and following what makes you happy.



Gemini You are best off keeping your whereabouts and plans secret. Avoid people who tend to pry or use manipulative tactics to meddle in your affairs.



Cancer You can make fabulous contributions if you get involved in something meaningful. Helping a friend, organization or cause, will be appreciated and will lead to new connections.



Leo Moderation will be necessary. If you overreact or take on too much, it will be difficult to properly take care of your responsibilities. Stay focused on what's important.



Virgo Put your best foot forward. Don't hesitate to take control, sign up for courses or see an expert to broaden your horizons and boost your opportunities.



Libra Don't try to change others. Take a critical look at yourself and make adjustments that will leave you feeling good about who you are and what you have to offer.



Scorpio Partnerships are favored. Both personal and professional relationships will motivate you to use your skills and draw on your ability to set new trends.



Sagittarius Listen to your inner voice, not to what someone tells you. Someone trying to take advantage of you will give poor advice. Physical changes should be made cautiously.



Capricorn Altering your environment at home will be beneficial. Getting along with the people you live with and designating space and chores will encourage everyone to strive for personal growth.



Aquarius Think before you act. Keep your emotions in check when dealing with a friend, relative or loved one. Focus on physical improvements, romance and exuding a fun-loving attitude.



Pisces A financial gain will come your way if you renegotiate a contract or settlement. Trust your insight and make an offer that's hard to refuse. It's in your best interest to take control. EUGENIA LAST

LIFESTYLE

Sculptor Miguel Antonio Horn works in front of an audience. **NICK KULISH**



Philadelphia artist Tyler Kline finishes up an installation by the river. **MIKE ROMANKIEWICZ**

Check out riverside art studios

Art in the Open goes from dawn 'til dusk every day this weekend.

MADELINE PRESLAND
letters@metro.us

Don't be surprised if you see easels, clay and textiles along the Schuylkill River Trail this weekend.

Along with the materials artists use for their creations, location is another tool. More than 30 artists working with various media will use the Schuylkill Banks as their

studio this weekend during Art in the Open. Take a riverside stroll from the Art Museum to South Street to learn from local and visiting artists. The event, run by the Center for Emerging Visual Artists, makes the process of creation more accessible by enlisting artists to showcase their craft in a public space.

Constructing or strengthening a bond between a person and a space is the primary goal for Brooklyn-based artist Aaron Asis. He walks into a building or approaches a structure from the out-

side, and immediately looks for the points that tether one vision to another. His background in architecture and love for capturing the unseen parts of cities translates into his focus on using his work to grab an audience's attention, and then guide their focus to their surroundings.

"I actually hope you start to look at other things quickly," he says. "My work becomes invisible. I find the lack of transparency between the urban physical world and how it happened bizarre. We just take a lot

of things for granted. There are many places and parts, which are critical to how a city works, and the public doesn't have access to them."

Asis's past work in Philadelphia includes installations in 30th Street Station and on the Schuylkill near the Art Museum. He plans to focus on bridge structures this weekend, highlighting how they connect to the land and therefore the people.

At Art in the Open, an artist's work is exposed to the elements.

People visiting the

artist inevitably shape inspiration and process, and the weather can affect the final product. Philadelphia artist Christopher Wood will continue his Daydrawing project, or drawing one 9x12 panel every day. Exhibitions of his drawings, such as the one he just had at the URBN headquarters in the Navy Yard in March, show the journey's progress on a larger scale.

"This is like meditation: You do it every single day," he says.

"It's a single object that exists in a number

If you go:

Art in the Open
Friday, May 18 to Sunday,
May 20
Schuylkill River Trail
artintheopenphila.org
Free

of locations as time progresses. It grows beyond what's easily digestible. One of the inspirations is thinking of an object as being larger than something in front of you or that you can hold."

Cristal Palace makes its world premiere in Philly

Have you ever seen a dance party hundreds of feet off the ground? Well, this summer, thanks to Philadelphia

International Festival of the Arts (PIFA), you'll get your chance.

French aerial performance group

Transe Express will get their groove on hundreds of feet in the air on the banks of the Schuylkill River from June 1 through June 10, for "Cristal" — a piece commissioned by PIFA.

The performers dazzled a crowd of 200,000 people back in 2011, when they brought their show to Broad Street.

This year, they'll

have the scenic Schuylkill River as their backdrop.

Before taking in this feast for the eyes, No-bunto, the Zimbabwean all-female a cappella group, will perform 20 minutes prior to Transe Express for "Cristal Palace."

For more information and to purchase tickets, visit: kimmelcenter.org.

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Cancel all plans: **Finale week** on TV

Expect cliffhangers, weddings and happily-ever-afters as your favorite shows finish their seasons. **HENRIETTA JONES**

All good things must come to an end, and with May sweeps in full swing, this week, over 20 shows have series finales — or are saying farewell for good. Last night "Barry," "Silicon Valley" and "The Royals" all wrapped up their seasons and on Monday night, "Superior Donuts" and "Lucifer" bid adieu. Here's what to watch the rest of the week before they're gone.

TUESDAY



"New Girl" 9 p.m. Fox

After seven seasons and one time jump, "New Girl" wraps up this week, following Jess and Nick committing to a dog (yawn) and getting engaged (finally!) in last week's episode. While promotional stills indicate celebrations are afoot, interviews with the cast have hinted at a big last-minute twist — so this might be worth tuning into if you left the series long ago.

Also finishing up: "Black-ish" 9 p.m. ABC

WEDNESDAY

"Riverdale" 8 p.m. CW

Based on the Archie Comics, Riverdale has spent two seasons trying hard to be the "Twin Peaks" version of "Glee" with mixed success (and ratings). For the finale, the Black Hood has been revealed, Jughead's fate hangs in the balance, the election will be decided. But real reason to watch is to see Cheryl's next move as she joins the Southside Serpents. The show has been renewed for a third season, so expect a cliffhanger.

Also finishing up: "Modern Family" 9 p.m. ABC



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THURSDAY

**"Grey's Anatomy" 8 p.m. ABC**

The show that simply won't end has opted to take the wedding-where-everything-could-go-wrong route for its 14th season finale, with characters Alex & Jo set to finally wed after a few missed opportunities. However, with fan favorite April barely making it out alive last episode (and Matthew also getting slammed), it could be a tearjerker.

Also finishing up: "Gotham" 8 p.m. FOX

FRIDAY

"Once Upon a Time" 8 p.m. ABC

After losing four of its core cast members at the end of season six, the demise of "Once Upon a Time" was inevitable. However, in a win for fans, the narrative returns to Storybrooke, and real life couple Ginnifer Goodwin and Josh Dallas, who play Snow White and Prince Charming, return for part two of the series — and one last happily ever after.

**Also finishing up:
Marvel's "Agents of
S.H.I.E.L.D." 9 p.m. ABC**



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What's new and what's gone

Networks did some spring cleaning as cancellations, renewals and pick-ups flood in.



HENRIETTA JONES
letters@metro.us

Networks have been picking up and throwing out shows this week like a toddler with too many toys (and a teenager with too much money). As shows finish out their seasons and contracts come up for renewal, networks are tweaking their 2018/2019 schedules, trying to find that perfect mix of comedy, drama and reality to reel in advertising dollars — and if a show hasn't been performing, it's been given the ax.

Bloodbath at Fox

While there are many shows that simply fizzled, fans are particularly cross over three cancellations. Fans of Fox's "Lucifer" will have to live with no resolution to a big cliff-hanger this week because,



There's no saving grace for Fox's "Lucifer." JORDAN ALTHAUS, FOX

after three seasons, the show has been canceled. Over at Syfy the cancellation of "The Expanse" has fans fuming. However, the biggest outcry by fans (and creators) was the cancellation of "Brooklyn Nine-Nine."

In a rollercoaster couple of days, Fox canceled the show, there was talk of Hulu picking it up (similar to how "Mindy" was saved), Hulu passed, and then, NBC picked up the series for a sixth season. A happy ending (and

win) for fans who cried foul online and stomped their feet until the studio noticed.

"Lethal Weapon"

One of the biggest scandals around renewal season has revolved around the future of Fox's "Lethal Weapon." Star Clayne Crawford recently released a series of public apologies on social media for apparent issues he caused on set:

"I am incredibly sorry

if my passion for doing good work has ever made anyone feel less than comfortable on our set, or feel less than celebrated for their efforts. Furthermore, I apologize to all the crew and cast for any negative attention Lethal Weapon is receiving because of these incidents."

However, it seems this was not enough to placate the studio, with the actor let go, according to The Hollywood Reporter. Over the weekend, "American

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"Pie" alum Seann William Scott was announced as his replacement, and the show was picked up for a third season.

Renewals to know

Many shows, however, have been given the green light for the next season: Over the weekend, Fox renewed "Gotham" for a fifth season. "American Idol" and "How to Get Away With Murder" have both been renewed by ABC, as has "Speechless," "Black-ish," "Fresh Off the Boat," "For the People" and "Station 19."

However, showing that not everything Marvel touches turns to gold, the network has canceled Marvel's "Inhumans."

Reboots are still hot

Going along with the idea that everything old is new again, The CW is rebooting cult favorites "Charmed" and "Roswell," picking up both pilots. Unfortunately, Fox is also applying that theory and reviving "Last Man Standing," which stars Tim Allen, because



Don't worry, "Brooklyn Nine-Nine" will be back next season. JOHN P. FLEENOR, FOX

apparently six seasons wasn't enough.

New favorites

And in a rare move, two shows this season have been so well-received they've been renewed for a second season before the public even got to see them.

The first is "Killing Eve," starring Sandra Oh, which has seen a significant growth in viewers week on week. The second is Amazon

Say goodbye to these canceled shows:

- "The Exorcist" (Fox)
- "Quantico" (ABC)
- "The Mick" (FOX)
- "Designated Survivor" (ABC)
- "Brave" (NBC)
- "Taken" (NBC)
- "Rise" (NBC)
- "Scorpion" (CBS)
- "Great News" (NBC)
- "Kevin Can Wait" (NBC)
- "Ten Days in the Valley" (ABC)
- "Deception" (ABC)
- "The Crossing" (ABC)
- "Alex, Inc." (ABC)

ordering a second season of "Tom Clancy's Jack Ryan," which stars John

Krasinski and is set to debut on Amazon Prime Video on Aug. 31

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The Queen and the Duke of Edinburgh as well as best man, The Duke of Cambridge, the Duchess of Cambridge and Prince George and Princess Charlotte, plus the Duke and Duchess of Cornwall and Meghan Markle's parents | GETTY

The royal wedding goes Lego

Model of the big event

The UK attraction park Legoland has installed a miniature model of Windsor Castle featuring the Royal wedding of Harry and Meghan Markle, set for May 19. It was created by a team of 11 model-makers using almost 60,000 pieces of Lego bricks. The work highlights a 60-brick Markle in her wedding dress and veil riding in a brick-built carriage with Harry, surrounded by 500 spectators, mimicking the real life procession planned for the big day.

MWN



Mini Ascot Landau carriage, made from 1,500 Lego bricks, complete with two mini 200 LEGO brick horses. | GETTY

"We can't wait to see our guests' reaction to the royal tribute and our magnificent new Windsor Castle."

Paula Laughton, head model maker at the Legoland, Windsor Resort, stated.



60 Lego brick mini Meghan Markle in her wedding dress and veil, with her Lego prince by her side. | GETTY



11

model makers created the
Lego royal wedding.

592

hours were needed to
make it.

60k

Lego bricks were used



The Windsor Castle | GETTY

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WHY COMPROMISE?

HEALTH

Practical-wellness guru Dr. Frank Lipman tells us how to get started on living better.



LINNEA ZIELINSKI
linnea@metro.us

When it comes to health, most of us claim we want the good guy who treats us well, while running after the bad boy who brings nothing but trouble. You know you should eat greens. But what do you do? Go for the doughnut that makes you feel good for two seconds.

If you really want to get healthy, there are some stupid-simple ways to do it. We talked with Dr. Frank Lipman, integrative medicine specialist and author of the book "How to Be Well." His book is all about practical ways to boost your health and happiness daily — and none of them feel daunting.

Make friends with fat

Holding back from the avocado trend? Don't! "Eating a diet of low-fat foods is not the ticket to health we once thought," according to Lipman. "Fat



The process of getting healthy should feel like this.
ALL PHOTOS ISTOCK

is absolutely essential for every function of the body and brain, including healing and repairing functions, and when you eat enough of it every day, you enjoy a bounty of benefits." So put down that 100-calorie snack pack right now and make sure you heard that very good reason to double down on the guac: Fat is essential to basic functions of your body.

What can a day of healthy eating with the right amount of fat do for you? "Stable, longer-lasting energy and fewer hunger highs and lows" are just the beginning, says Lipman. If your goal is to lose or maintain weight, you'll also enjoy a more efficient metabo-

lism and fewer cravings. You can also thank that handful of almonds for "clearer thinking and more balanced moods," he says. Healthy fats are also a hair, skin and nails supplement you'll actually enjoy taking.

Seriously, eat the veggies

You know it, so why aren't you doing it? "If there is one game-changing action you can start today that will utterly transform your state of well-being, it's upping your consumption of life-supporting, phytochemical-packed, mineral- and vitamin-rich, fiber-laden vegetables," Lipman tells us. There are just too

many benefits to eating some roughage to keep ignoring this one.

To hit optimal levels, which is around two-thirds of your food intake, focus on adding veggies in throughout the day instead of taking other things away. It's not about depriving yourself, but rather shifting your focus. As Lipman suggests, all you need to do is "shift the green or crunchy portion of your meal from sidekick to starring role."

Enjoy a big lunch

We've all heard the advice to eat breakfast like a king, lunch like a prince and dinner like a pauper — but some people just aren't hungry in the morning. There's no need to force food down in the early hours, says Lipman. In fact, he suggests you "eat your largest meal of the day at lunch, in sync with when the sun is at its zenith, and a smaller meal at night, as the sun sinks out of sight."

Your body is most prepared to handle a big meal around this time, according to Lipman, because "the 'clock' in your GI tract triggers hormones that set off hunger pangs and cue the liver and digestive system to get ready to process nutrients." But he explains that these processes wind down at night just like we do, "which is why many people find that digestion and elimination,



Get out there!

as well as sleep, are more satisfying with substantial lunches and lighter (sometimes soup-based) dinners."

Rest like you mean it

You work hard, you run errands, you get stressed — but you keep going. We get it, you're superhuman. But it's time to treat sleep seriously because it has a big effect on your health. So, sorry supermom, but that means taking care of yourself as well as you do your family, starting with tearing

because of light disruption, but also because it promotes alertness and mental revving." Let's put it this way: You'll appreciate the show more and write wittier comments on your friends' Instagram posts tomorrow if you sign off early and rest up tonight.

Get outside already!

Parks aren't just pretty — they're like a stress-busting prescription for the average person. (Not to be confused with your actual anti-anxiety or depression prescription if you need one.) Spending "intentional time" outside — as in, paying attention to your surroundings — "restores something of your original human condition," Lipman says. This includes "a calm body with an optimized immune system, and a brain in a state of restful awareness, alert to surroundings but unencumbered by constant thought." Those bird sounds act to quiet down those anxious thoughts constantly running in the background of your brain — but only if you tune in and pay attention.

Ready to get healthy? Grab your hearty lunch packed with veggies and filling healthy fats, go outside and listen to the branches swaying in the breeze tomorrow. You'll have checked four of the five boxes for a better you in a matter of minutes.



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SPORTS



Odubel Herrera is batting a blistering .360 on the season. GETTY IMAGES

WILL 'GOOD ODUBEL' SILENCE 'BAD ODUBEL'?

OPINION

GLEN
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Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.

@realglenmacnow



As every Phillies fan knows, there are two Odubel Herreras.

There's Good Odubel. His quick hands lash doubles into the alley. He chases down sinking line drives. He beats out infield grounders.

And there's Bad Odubel. He loses focus. He takes erratic routes to the ball. He fails to run out a dropped third strike.

In his first three seasons, Herrera alternated between thrilling and infuriating. Each time fans came to believe he had matured into a star, Herrera would do something maddening, like flip his bat and coast after hitting a deep fly — turning an extra-base hit into a 400-foot single. (Just for the record, I'm no opponent of a well-executed bat flip, as long as the ball has already left the park.)

For many, if not a majority of fans, Bad Odubel was the one who left his mark. The truism in Philadelphia is that no sin is larger than lack of hustle. So it's hard to recall a player on any of our teams with so much talent and so little public affection.

Ah, but this season things are different. Herrera's .360 batting average leads the NL. He's been safely on base in 38 straight games — 41 dating back to last year. His 2.0 WAR is third among NL hitters and his .995 OPS is fifth.

There's more. Herrera has reached base 79 times this season. According to stat guru @theaceofspade, the last Phillie to top that through the team's first 39 games was Buzz Arlett (81) in 1931. And his

38-game on-base streak to start the season is the third-longest of this century, topped only by Matt Holiday (44, 2015) and Albert Pujols (41, 2008).

Pretty heady company — well, except for Arlett, who lasted just one season in the Majors because he was too fat to play defense at even a passable level.

Anyway, part of me believes that occasional brain farts by Bad Odubel are part of the price we pay for the regular brilliance of Good Odubel. If that's the case, I can live with it. I've never joined the chorus wanting to trade him after each of his blunders.

But maybe there's more. The hope here is that Herrera, entering his prime at age 26, has

grown, as a hitter and as a professional. Over the years, teammates questioned his attitude. Former manager Pete Mackanin benched or fined him several times for loafing. Has he matured?

A significant moment came last month, after a game against Atlanta when Herrera got tagged out at second because he didn't slide, and also failed to take charge on a fly ball, leading to a Braves run. In the past, Bad Odubel would have shrugged or laughed off his misplays. This time he apologized to teammates and vowed not to do it again.

He hasn't had a mental gaffe since — although I'll concede that a month isn't much to go on.

The Phils have a win-

.360

Odubel Herrera easily leads the National League with a .360 batting average. The next closest is Atlanta's Nick Markakis, who is hitting .344.

ning record, a 3.47 ERA and the fourth-most-productive offense in the NL. As the youngsters gain confidence, they have a chance to contend for the playoffs.

And Herrera has a chance to become the first Phillie in 60 years to lead the league in hitting. More importantly, he can be a leader and MVP for a franchise that hasn't had a winning record since 2011.

If that occurs, Bad Odubel will be only a distant memory.

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SPORTS

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The Supreme Court wiped out a law that prohibits sports gambling on Monday. GETTY IMAGES

Sports gambling industry about to change forever

Monday's Supreme Court ruling changed the game.



MATT BURKE
matthew.burke@metro.us

Cancel that trip to Vegas.

In the very near future you will be able to wager real money on any number of sports – whether it be on your phone or at a local sports book right around the block from where you live. Oh, and you will now be able to do this on the up and up – fully legal.

The Supreme Court wiped out a federal law on Monday that prohibits sports gambling, and it gave individual states in the U.S. the right to legalize betting on sports. Prior to Monday's ruling, Nevada was the only state in the country where you could bet on a single sporting event.

"This is game-changing. It's an enormous moment for numerous industries including the major sports leagues in this country," said Daniel Barbarisi, author of the daily fantasy sports book *Dueling with Kings*, in an interview with Metro. "Over the next several years, New Jersey and I'd estimate 10 other states will have fully legal sports

betting available. Other states will quickly follow suit from there, and then sooner than later it will be half the country. I'd be surprised if it didn't happen now, honestly. It's a huge win for the gambling industry."

Change in culture

Monday's ruling was a long time coming, but there was surprisingly little mainstream backlash against the decision, and Barbarisi credits that to a widespread change in thinking regarding gambling in the United States.

"There's been a sea-change in the way people look at it, and a lot of the daily fantasy sports phenomenon in recent years was a part of that," Barbarisi told Metro. "People stopped and asked, 'Hey isn't this actually sports betting?' Is this doing any harm?' It moved the needle to getting things to this point. Of course, anti-gambling groups are not going to be happy about this. Some casino-type operators who have a monopoly over things won't like it. Lottery operators won't like it. But on the whole, the country has moved in the direction of,

saying, 'This is OK.' We're now very close to having a European model on sports gambling."

There is expected to be a quick shift from people wagering online with off-shore book makers to legal bookmakers on the internet, and Barbarisi foresees plenty of start-up companies trying to get in on the action. Local run-down horse tracks which currently allow only for off-track horse betting should see a spike as well.

"This is their Holy Grail," Barbarisi said. "They will see a renaissance from this, though most of this will transition online. A lot of big Vegas companies like MGM, which already has outposts throughout the country, will benefit greatly from this. Daily fantasy sports companies like DraftKings and FanDuel will move into sports betting and essentially become sports books too. They already have databases with millions of users who trust them with their credit card info. They are already fully legal. Offshore books are not legal, and DraftKings and FanDuel are going to leverage that. This is going to be a very competitive space. A lot of companies are going to want to do this."



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Sixers with yet another shot at top pick in draft

The NBA draft lottery is being held tonight.

ANDY JASNER
sports@metro.us

The NBA draft lottery will be held Tuesday night in Chicago with the anticipation of picking players at the annual draft June 21 at Barclays Center in Brooklyn.

The Phoenix Suns have the best chance of earning the No. 1 overall pick by finishing 21-61 for a 25 percent chance of seeing the top ping pong ball fall their way.

Amazingly, the 76ers can still finish with the first pick if the Los Angeles Lakers' logo comes up due to a previous trade between the teams in 2016 which involved guard Michael Carter-Williams. If it falls between 6-14, it can still head to the Sixers. If the pick goes from 2-5, it goes to the Boston Celtics and the Sixers get the Sacramento Kings' 2019 unprotected first-rounder.

Sounds complicated?
You're right.

Philadelphia has a miniscule 1.1 percent chance of garnering the top pick. If that happens, the player available appears to be a no-brainer — Luka Doncic of Slovenia. The 6-foot-8 guard-forward owns a wide array of skills on both ends of the court and would be an immediate asset.

If the pick lands between 6-14, there are a number of players who will be able to contribute right away.

Villanova guard-forward Mikal Bridges is an intriguing prospect with his ability to shoot, drive to the basket and defensive prowess. Bridges helped the Wildcats win two national championships and im-

proved every season on the Main Line. Watching Bridges' defense evolve has to be especially enticing for NBA teams. He will do all the little things on defense and is never concerned with statistics. That's rare these days.

Other interesting names who could fall to the Sixers include Michigan State's Miles Bridges, Missouri's Michael Porter Jr., Arizona's DeAndre Ayton, Miami's Lonnie Walker IV and Duke's Wendell Carter Jr., among others.

The Sixers also own the No. 26 overall pick in the first round and four second-rounders — Nos. 38, 39, 56 and 60. They could package the two first-round picks to move up depending on how the lottery shakes out.

Some interesting names later in the first round could be Villanova's Jalen Brunson and Omari Spellman (if he stays in the draft) along with UCLA's Aaron Holiday and Duke's Gary Trent Jr.

All eyes will be on the lottery on Tuesday, especially if the ping-pong balls fall the Sixers' way.

Nothing is guaranteed as evidenced by Markelle Fultz's maddening rookie season following a trade to grab him at No. 1. Jayson Tatum is currently starring with the Celtics in the Eastern Conference Finals. But the Sixers won 52 games and defeated the Miami Heat in five games before bowing out to the Celtics in five hard-fought games.

The roster is expected to be different in 2018-19 between the draft and free agency. If the pick is conveyed to the Celtics, then the Sixers will likely build through free agency — are you listening LeBron James?



Luka Doncic will be one of the top prizes in the 2018 NBA Draft. GETTY IMAGES

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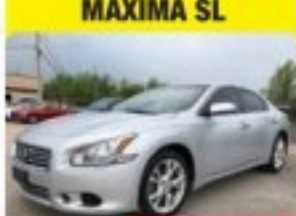
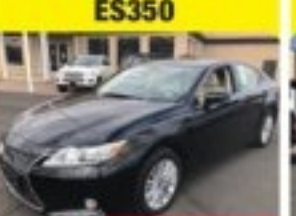
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Children Needed for Nutrition Research Study

The University of Pennsylvania is seeking children (ages 7 to 9) and their mother to participate in a nutrition research study. Children will be asked to eat breakfast, lunch, and dinner in our Center once a week for two weeks. Each visit will last from 8:00AM until 5:30PM. Children will also be asked to have their body measurements assessed on two separate occasions.



All meals and compensation (\$355) are provided.

Call (215) 746-7188 for details



Do you take metformin, (e.g. Glucophage), to treat your Type 2 Diabetes?

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 - Be an adult 18 to 65 years old
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► Insurance is not required to participate, and transportation may be available.



For more information, call toll-free 1.866.230.4185 or visit HRITrials.com

All persons depicted are models used for illustrative purposes.

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GAMES

metro.us/crossword

ACROSS

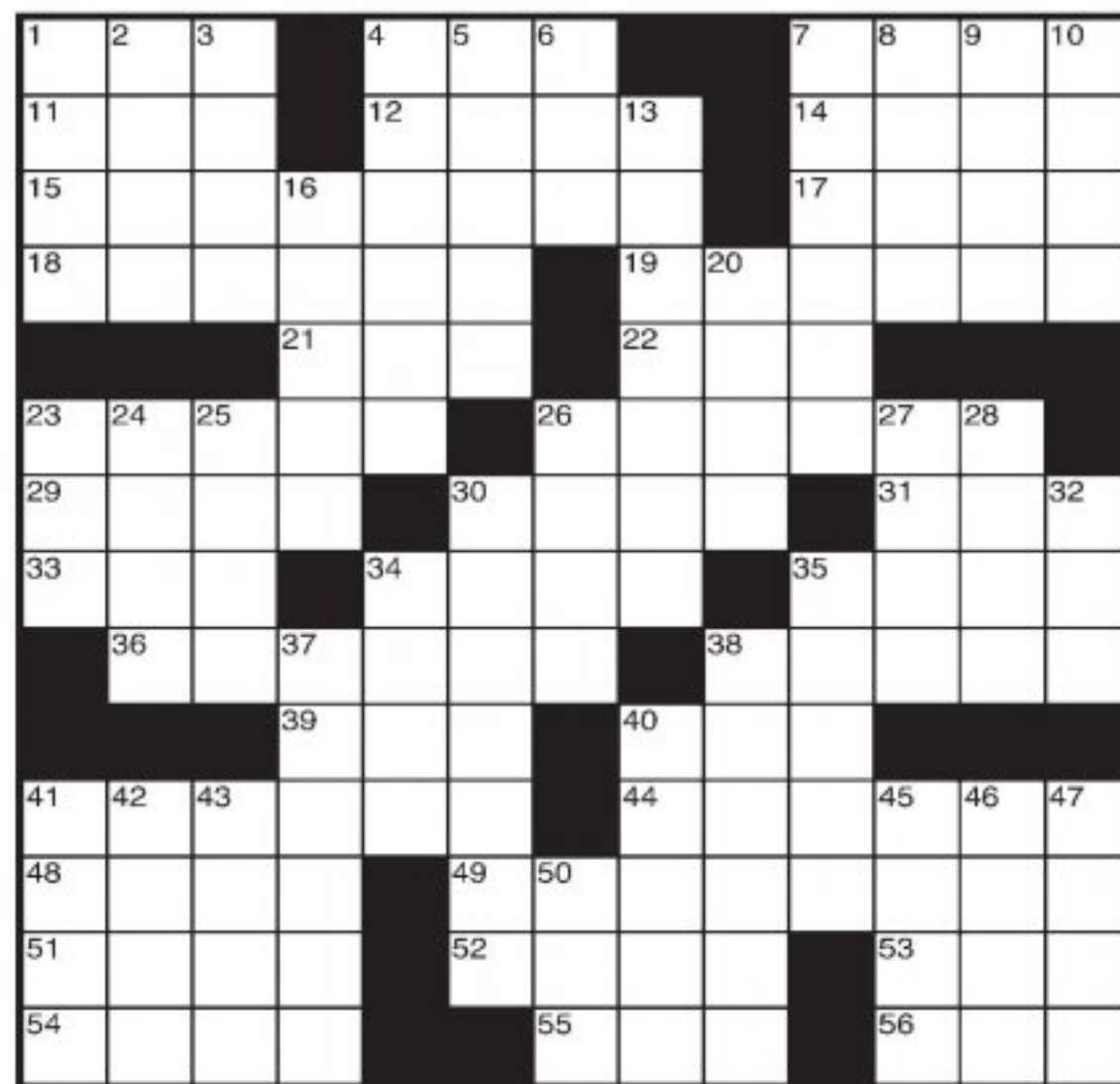
1 Tarzan's nanny
4 Banned bug spray
7 Felines
11 Kernel holder
12 Livy's "it was"
14 Lotion additive
15 Soured milk
17 Protected
18 Imported auto
19 Beyond Saturn
21 Reel's partner
22 Robin's beak
23 Staying power
26 Nogales nosh
29 Familiar auth.
30 Mooches
31 Boathouse implement
33 Drill sgt.
34 New Mexico tribe

35 Bear constellation
36 Germany's Merkel
38 Get some rest
39 Web addr.
40 -- to be tied
41 Portable computer
44 Suit fabrics
48 Put one's foot --
49 Gate
51 Fairy tale opener
52 Koh-i- -- diamond
53 Gotcha!
54 Close
55 Student stat
56 Back-fence yowler

DOWN

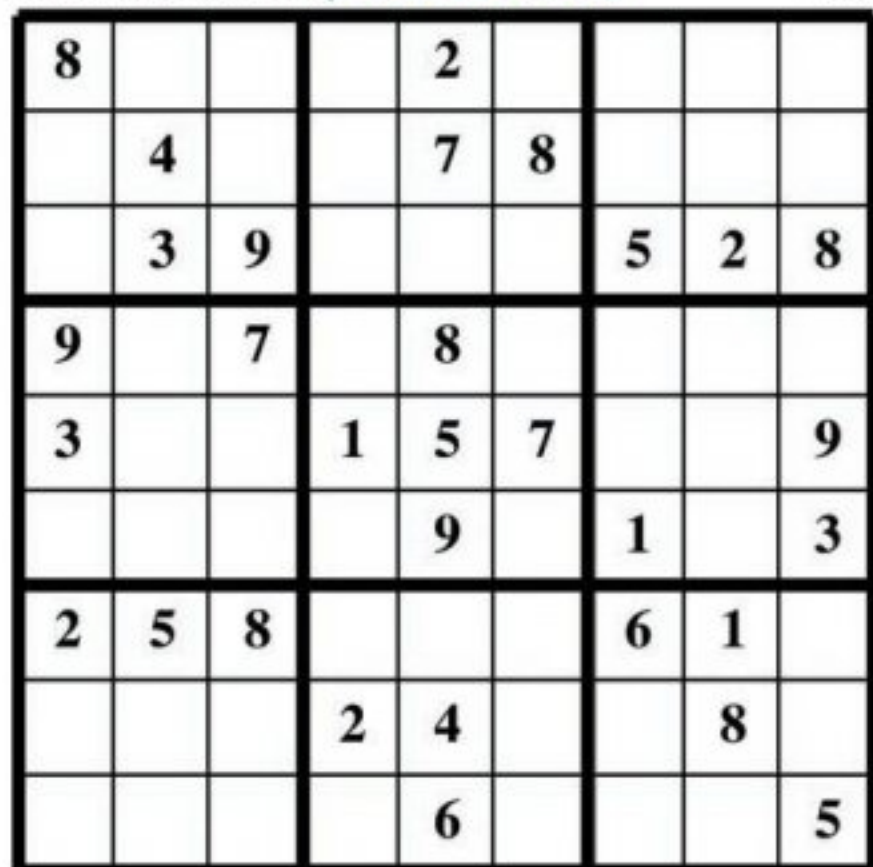
1 CPA's record
2 Upscale sport
3 Auction site
4 Bill payer
5 Apprehension
6 Deckhand
7 Kind of melon
8 Alda or Ladd

9 Soy product
10 Pictures
13 Seismic sea wave
16 Steel additive
20 Wheel parts
23 Mover's vehicle
24 Quechua speaker
25 Thug
26 Food fish
27 Handed-down stories
28 Alleviate
30 Relief pitchers
32 Chat
34 Zilch
35 Extreme
37 Rainspout
38 Saw-toothed range
40 Lens setting (hyph.)
41 Pride member
42 Bancroft of films
43 Type size
45 Punkie
46 She loved Narcissus
47 Mine find
50 Holiday beverage

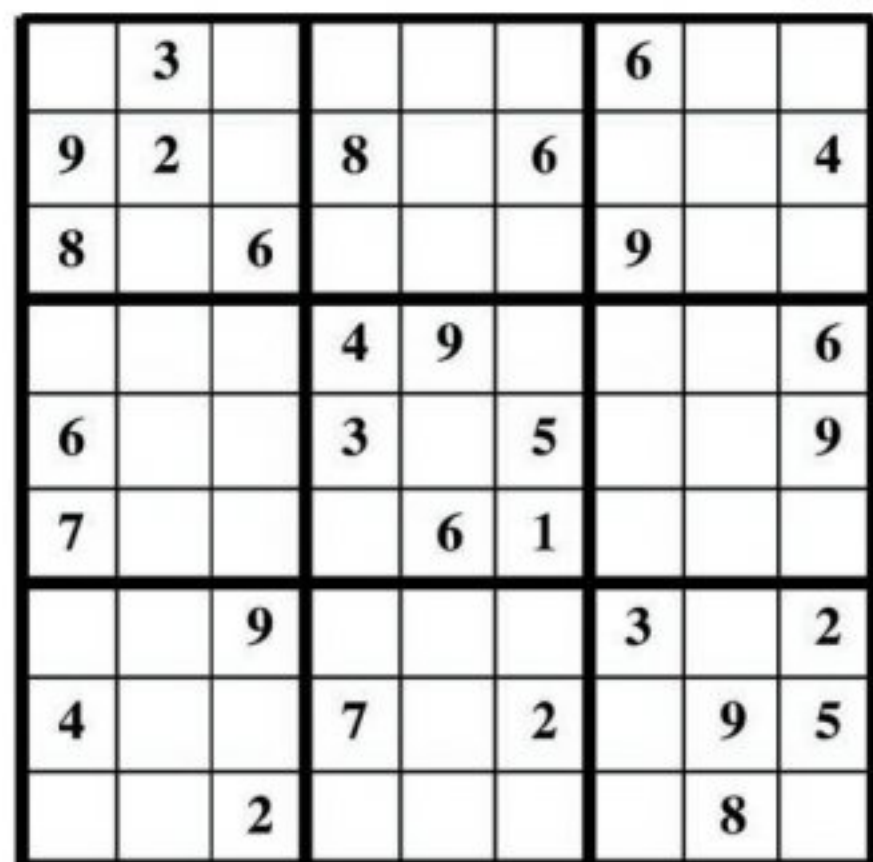


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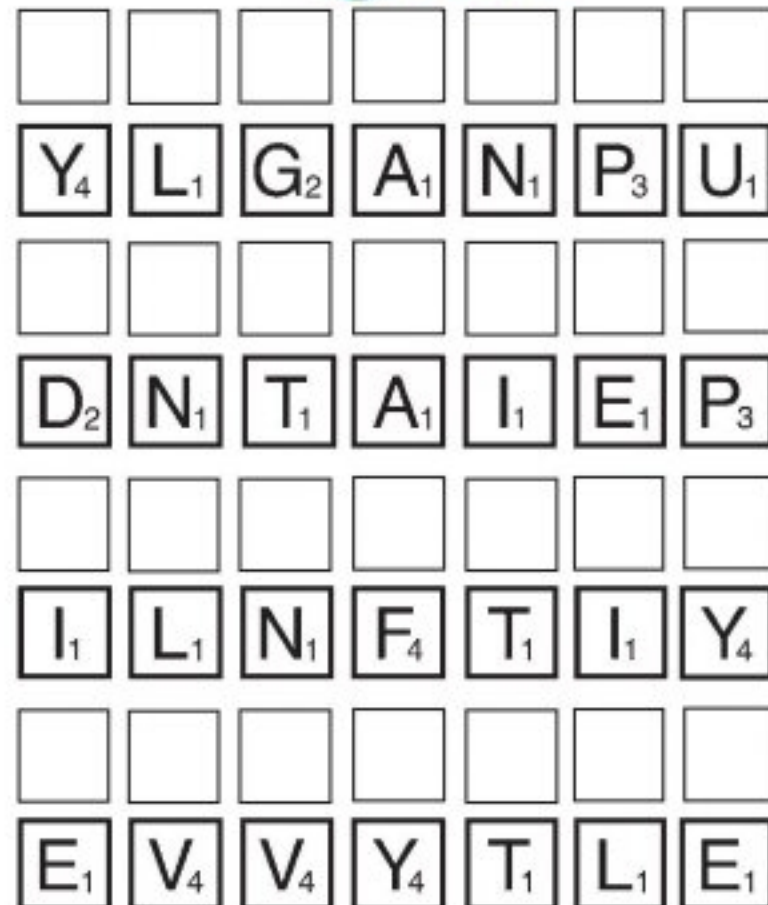
easy



hard



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Triple Word
Score4th Letter
Triple

PAR SCORE 185-195



RACK 1



RACK 2



RACK 3



RACK 4



Yesterday's Scrabble answers.

A₁ L₁ A₁ R₁ M₃ S₁
B₃ R₁ O₁ O₁ M₃ Y₄
F₄ A₁ U₁ C₂ E₁ T₁ S₁
F₄ E₁ T₁ A₁ L₁

RACK 1 = 24

RACK 2 = 39

RACK 3 = 74

RACK 4 = 16

PAR SCORE 95-105

JUDD'S TOTAL

153

Yesterday's Crosswords

MAP CITE BAD
ASSN EDIT OUI
NASA LACE INTO
ENTICE ODOR
LIB INN
LIKED AMUSED
POND PAST VEX
STE COHO SEAL
AWAITS TERN
RVS LID
STAG ANAKIN
OUT OF GAS TIDE
UTE LEFT EELS
RUN ANTS VET

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To participate in this research study, you must:

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- be at least 18 years of age
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